

# Undergraduate Catalog of Courses

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## Kinesiology and Master of Arts in Kinesiology: Sports Studies

Saint Mary's College of California

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## KINESIOLOGY

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### FACULTY

William Manning, M.A., *Adjunct, Chair*  
 James Farris, M.S., *Lecturer*  
 Sue Johannessen, M.A., *Lecturer*  
 Craig Johnson, Ph.D., *Associate Professor*  
 Deane Lamont, Ph.D., *Professor*  
 Derek Marks, Ph.D., *Associate Professor*  
 Steve Miller, Ph.D., *Associate Professor*  
 Mark Nagel, Ed.D., *Lecturer*  
 Sharon Otto, Ph.D., *Lecturer*  
 Robert Thomas, M.A., *Lecturer*  
 Megan Toma, M.S., *ATC, Lecturer*

### LEARNING OUTCOMES

*Graduates of the Department of Kinesiology will:*

- **KNOW** the field's subdisciplines, their theoretical bases, and research agendas.
- **UTILIZE** hard-copy and computer-based subject indexes in research.
- **ANALYZE**, interpret, synthesize, and integrate scholarly material.
- **ENGAGE** in cogent in-depth dialogue concerning the value of the field to contemporary society through analyses of historical and current issues.
- **MAKE** professional decisions grounded in sound philosophical and theoretical principles.
- **WORK** cooperatively with others.
- **COMMUNICATE** effectively their ideas in both the oral and written form.
- **QUALIFY** in basic first aid and CPR techniques.

### MAJOR REQUIREMENTS

The kinesiology major at Saint Mary's College is a four-year course of study leading to a bachelor of arts degree. The major is designed for students with interests in the field of human movement. The major requires rigorous study of the human being in motion. We examine the whole person —anatomically, physiologically, biomechanically, psychologically, sociologically, and historically—across the lifespan. Our domains are health, exercise, sport, athletics, leisure, and physical education. Students select one area within which to study: teacher education or sport and recreation management or health and human performance.

A minimum 2.0 GPA within the major is required for graduation. Any course listed in this department with a prerequisite assumes a grade of C- or better in the prerequisite course. All department courses require a passing grade to count toward graduation.

### PHYSICAL EDUCATION AND COACHING

This emphasis is designed for students who plan to obtain a teaching credential in physical education. The courses provide students with the requisite knowledge for teaching and coaching careers in the public and private schools.

Students in the teacher education track are required to complete the following coursework:

### LOWER DIVISION

**Kinesiology 2, 4** (one aquatic class), **5** (one dance class), **6** (two different individual/dual activity classes, not intercollegiate sports), **7** (two different team activity classes, not intercollegiate sports), **10, 11, 12, 15. Biology 15/16** (lab), **Biology 25/26** (lab).

### UPPER DIVISION

**Kinesiology 102, 108, 110, 111, 112, 117, 123, 124, 125.**

### SPORT AND RECREATION MANAGEMENT

This emphasis serves students interested in leadership roles in the fields of sport, fitness, and athletics. Coursework provides the philosophical grounding and administrative skills necessary for success in these domains.

Students in the sport and recreation management track are required to complete the following coursework:

### LOWER DIVISION

**Kinesiology 2**, three different Kinesiology activity classes (in addition to Kinesiology 2), **Kinesiology 10, 12, 15. Accounting 1, Economics 3.**

### UPPER DIVISION

**Kinesiology 105, 108, 111, 112, 114, 121. Business Administration 120, 124, 131.**

## Curriculum Kinesiology

### HEALTH AND HUMAN PERFORMANCE

This is a course of study constructed to meet the needs of students with varied career and graduate school goals, e.g., sports medicine, exercise physiology, health education, community health, and physical therapy. The interdisciplinary coursework is designed in consultation with a faculty advisor to meet the individual interests of the student.

Students in the health and human performance track are required to complete the following coursework:

#### LOWER DIVISION

Kinesiology 10, 15. Biology 15/16 (lab), Biology 25/26 (lab).

#### UPPER DIVISION

Kinesiology 110 and one of the following: Kinesiology 111, 112, or 114.

A minimum of six additional upper-division courses are required. These courses are selected from the offerings of the Department of Kinesiology and those of other academic units such as: anthropology and sociology, biology, chemistry, communication, and physics and astronomy. These classes should be relevant to the health and human performance emphasis. Coursework samples are available from the Department of Kinesiology.

### MINOR REQUIREMENTS

*There are five areas of study that lead to a kinesiology minor:*

#### COACHING EMPHASIS

Kinesiology 10, 11, 108, 109, 112, 123 or 124.

#### SPORT & RECREATION MANAGEMENT EMPHASIS

Kinesiology 10, 105, 108, 111, 114, 121.

#### ATHLETIC TRAINING EMPHASIS

Kinesiology 15, 102, 109, 110, 112, 119.

#### HEALTH EDUCATION EMPHASIS

Kinesiology 10, 12, 107, 109, 110, 118.

#### TEACHING CONCEPTS EMPHASIS

Kinesiology 10, 11, 103, 116, 117, 125.

## C O U R S E S

### LOWER DIVISION

#### 2 First Aid and CPR (.25)

The study and practice of first aid and cardiac pulmonary resuscitation (CPR) methods and techniques. The course provides certification in American Red Cross Standard First Aid and CPR.

#### 4–8 Activity Courses (.25)

The Department of Kinesiology offers a broad range of exercise and sport classes. Course content is directed toward developing in students: 1) a knowledge base relative to personal health that will encourage regular and safe exercise over the lifespan, and 2) the requisite motor skills to enable enjoyable participation in various sport modes.

#### 4 Aquatics

Instruction and participation in activities such as lifesaving, swimming, and water polo.

#### 5 Dance

Instruction and participation in various dance forms: ballet, jazz, modern, tap, and ballet folklorico.

#### 6 Individual/Dual Activities

Instruction and participation in activities such as archery, badminton, golf, gymnastics, martial arts, personal defense, racquetball, and tennis.

#### 7 Team Activities

Instruction and participation in activities such as basketball, softball, indoor soccer, outdoor soccer, and volleyball.

#### 8 Fitness Activities

Instruction and participation in activities such as aerobics, body conditioning, fitness walking, circuit training, and weight training.

#### 10 Introduction to Kinesiology

A course designed to introduce students to the philosophical positions and sociological paradigms that concern the human body in motion. Particular attention is devoted to the corporeal actions known as play, game, sport, athletics, and exercise. Students are familiarized with the field's subdisciplines and career opportunities.

#### 11 Concepts of Movement

A course designed to provide an understanding of motor skill analysis presentation. Specific topics include: growth and motor development, motor learning concepts, biomechanical analysis, theories of learning, and designing movement experiences and tasks.

#### 12 Health and Fitness Education

A survey course that examines the major components of personal health. Topics include: tobacco use, alcohol abuse, STDs, unintentional injuries, and the consequences of sedentary lifestyles. Physical activity and its link to the concept of "wellness" over the lifespan is a major focus. (Satisfies California State Teaching Credential requirement.)

#### 14 Outdoor Education

Students analyze the present uses of the out-of-doors by local, state, and federal government agencies; educational institutions; and the for-profit private sector. Class participants develop the skills necessary to live comfortably and move efficiently in the wilderness. A particular emphasis of the course is environmental conservation. Students will be exposed to the principles of risk and safety management and wilderness first aid.

#### 15 Measurement and Evaluation in Kinesiology

A study of measurement techniques utilized in the field's subdisciplines. The theory and statistical techniques of test interpretation are also studied. Investigation into the field's research literature is a major component of the course. *Prerequisite:* Kinesiology 10.

#### UPPER DIVISION

##### 102 Structural Biomechanics

The study of human movement from the point of view of the physical sciences. Fundamentals of human motion are examined from the anatomical, physiological, and biomechanical perspectives with an emphasis on motor skill application. *Prerequisites:* Kinesiology 10 and 15 (or for non-majors, permission of the instructor), Biology 15, 16.

##### 103 Physical Education in the Elementary School

A study of the theoretical basis for designing movement experiences for children of elementary-school age. Special emphasis on recent trends in movement dealing with the elementary-school child. Satisfies Montessori Program requirements.

##### 105 Facility Planning and Management

A study of the organization and supervision of recreation facilities and leisure practices and trends. Specific attention is paid to programming in educational institutions and municipalities. *Prerequisite:* Kinesiology 10 and 15 (or for non-majors, permission of the instructor).

##### 107 Nutrition for Sport and Physical Activity

This course integrates the scientific foundations of nutrition and exercise. Special topics include optimizing physical fitness and performance through diet, the use of ergogenic aids, weight loss and gain techniques, eating disorders, and sport-specific nutrition planning. *Prerequisite:* Kinesiology 10 and 15.

##### 108 Legal and Administrative Issues

A course designed to consider administrative policies related to the directing and organizing of physical education, intramural, and athletic programs. Topics include management procedures, laws and legal concerns, and the promoting and justifying of the programs. *Prerequisite:* Kinesiology 10 and 15 (or for non-majors, permission of the instructor).

##### 109 Care and Prevention of Athletic Injuries

A course of study that examines the prevention, evaluation, and treatment of athletic injuries. This class is particularly useful for students interested in careers in athletic training and physical therapy. The athletic training needs of the school-based physical educator are also a focus. *Prerequisites:* Kinesiology 10 and 15 (or for non-majors, permission of the instructor), Biology 15, 16.

##### 110 Exercise Physiology

A study of physiological parameters and mechanisms that determine the adaptations of the physiological systems of humans in response to exercise; i.e., exercise metabolism, work, and fatigue; development of strength and flexibility; cardiorespiratory effects of exercise and training; sport activity in extreme environmental conditions—high altitudes, heat, cold; measurement of factors determining sport fitness. *Prerequisites:* Kinesiology 10 and 15 (or for non-majors, permission of the instructor), Biology 15, 16, 25, 26, upper-division standing.

##### 111 History of Health, Sport & Exercise

A survey of the physical culture of selected past civilizations, including Sumeria, Egypt, Greece, Rome, and Mesoamerica. The course examines the rise of "modern" mass sport in Britain and North America, the modern Olympic Games, American intercollegiate athletics, and the roles of U.S. women and minorities in sport. *Prerequisite:* Kinesiology 10 and 15 (or for non-majors, permission of the instructor), upper-division standing.

##### 112 Sport and Exercise Psychology

This course is an introduction to the foundations of psychology in the sport and physical activity domain. Students examine current theories, empirical research, and practices related to sport and exercise psychology. Topics include motivation, group dynamics, leadership, performance enhancement, exercise adherence, and moral/social development. *Prerequisite:* Kinesiology 10 and 15 (or for non-majors, permission of the instructor).

##### 114 Sociology of Sport and Physical Activity

An examination of a variety of contemporary social issues as they relate to sport and physical activity from a multitude of different sociological perspectives. Particular attention is paid to how sport functions as a socializing agency and interacts with other primary social institutions to both perpetuate societal value sets and create social change. *Prerequisite:* Kinesiology 10 and 15 (or for non-majors, permission of the instructor), upper-division standing.

## Curriculum Kinesiology

### 115 Fitness Assessment and Exercise Prescription

A course of study that examines the principles of exercise prescription and physical fitness assessment. This course includes the use of field and laboratory tests to appraise physical fitness levels, designs of individualized physical fitness programs, and evaluation of exercise programs.

*Prerequisite:* **Kinesiology 110** (or for non-majors, permission of the instructor).

### 116 Analysis of Teaching Concepts

An in-depth analysis of selected concepts in the teaching-learning process in physical education. Professional literature is discussed, evaluated, and related to actual learning environments.

### 117 Human Motor Performance

A neurophysical approach to understanding the sensory and perceptual mechanisms that allow for efficient physical activity. An examination of various factors that affect human development, motor performance, and motor learning (motor development, timing, practice, transfer, etc.).

*Prerequisite:* **Kinesiology 10** and **15** (or for non-majors, permission of the instructor).

### 118 Issues in Community Health

Investigates the history, concepts, and institutions that constitute the field of community health. A particular focus is the urban situation in the United States. The demographic, socio-economic, and epidemiological conditions of our cities are examined. Issues around interpersonal violence, the high cost of health care, and unhealthy behaviors will be examined. Students are expected to experience and report on the operations of an on- or off-campus community health institution.

### 119 Therapeutic Exercise and Physical Therapy Modalities

The study of concepts and current methods of rehabilitation in sports medicine. Concepts include: flexibility, muscular strength and endurance, plyometrics, closed-kinetic chain exercise, and functional progression in rehabilitation. Further topics include uses of cryotherapy, hydrotherapy, thermal agents, electrical agents, mechanical agents. A problem-solving approach to their uses is central to the course. The class visits local physical therapy clinics. *Prerequisites:* **Biology 15, 16; Kinesiology 10** and **15** (or for non-majors, permission of the instructor), **109**.

### 120 Advanced Athletic Training

A class in advanced recognition and evaluation of athletic injuries. This course covers general evaluation techniques applicable to all injuries and studies the most common injuries to each body area. Other topics include neurological signs and symptoms, emergency procedures, and guidelines for referral to a physician. *Prerequisites:* **Biology 15, 16; Kinesiology 10** and **15** (or for non-majors, permission of the instructor), **109**.

### 121 Sport and Recreation Management

Analyzes the concepts and methods of administering sport and recreation service organizations. Course components include general management, legislative authorization and controls, financial management and accountability, human resource management, risk management, effective programming, and facility design and operations. *Prerequisite:* **Kinesiology 10** and **15** (or for non-majors, permission of the instructor).

### 123 Theory and Analysis of Team Sports

Designed to give students an understanding of skill techniques, skill analysis, and the development of appropriate practice progressions in basketball, flag football, soccer, ultimate frisbee, and volleyball. Field experience/observations are required throughout the course.

### 124 Theory and Analysis of Lifetime Sports

Designed to give students an understanding of skill techniques, skill analysis, and the development of appropriate practice progressions in tennis, badminton, golf, aquatics, and outdoor education activities. Field experience/observations are required throughout the course.

### 125 Theory and Analysis of Fitness and Movement

This course teaches students to utilize scientific principles in designing programs that develop flexibility, muscular strength and endurance, and cardiovascular endurance. The course also develops an understanding of requisite skill techniques, skill analysis, and the development of appropriate practice progressions for fundamental movement skills, rhythmic activities, tumbling/educational gymnastics, and personal defense. Field experience/observations are required throughout the course.

### 195 Internship

Work practice in the field of physical education, sport management, recreation, or sports medicine. The internship experience is planned in close consultation with and supervised by a Department of Kinesiology faculty member. *Prerequisite:* **Kinesiology 10** and **15**.

### 197 Special Study

An independent study or research course for students whose needs are not met by the Department of Kinesiology's regular class offerings. Permission of instructor and department chair are required. *Prerequisite:* **Kinesiology 10** and **15**.

### 199 Special Study—Honors

An independent study or research course for upper-division majors with a B average or better. Permission of instructor and department chair are required. *Prerequisite:* **Kinesiology 10** and **15**.

### The January Term

Faculty members from the Department of Kinesiology have taught a broad range of courses in the January Term. These elective courses have included The Yosemite Experience, Women in Sport and Culture, Outdoor Education, and The Quest for Optimal Wellness. Select activity courses are offered in every January Term.

## MASTER OF KINESIOLOGY IN SPORT STUDIES

The Department of Kinesiology offers a master of arts degree in sport studies. At the intellectual center of our program is the study of human beings engaged in physical activity. The curriculum is designed to assure that graduate students are exposed to classical and contemporary knowledge in the component areas of the field. The liberal arts tradition of Saint Mary's College is reflected in the program's seminar-style classes, a commitment to the development of responsible independent thought and ethical action, and attention to student needs.

The program is primarily summer-based. Graduate students attend three-six-week summer sessions (beginning in June each year) and two regular-semester evening classes. Thirty units of coursework are required before students qualify to take the comprehensive examinations (offered at the end of each summer session). A thesis option is also available.

## LEARNING OUTCOMES

*Upon completion of the graduate program, students will be able to:*

- **IDENTIFY** and explain relevant theories, research, and practices in the disciplines of psychology, sociology, philosophy, law, administration, and physiology as they relate to sport and physical education.
- **DISTINGUISH** between poor and good research in the above-mentioned subdisciplines.
- **DESIGN** research studies to address important questions in each of the subdisciplines within kinesiology.
- **DEMONSTRATE** the necessary library research skills and computer literacy in a review of literature on a chosen topic for each subdiscipline.
- **RECOGNIZE** and utilize effective leadership practices.
- **ANALYZE** critically various philosophical perspectives on moral/ethical issues.
- **DEMONSTRATE** mastery of the law as it relates to the profession.
- **DESIGN** effective and efficient physical training regimens that incorporate psychology, physiology, and motor learning principles.
- **IDENTIFY** and reflect upon specific values and beliefs that are important to personal success in their chosen career.
- **EVALUATE** standardized tests in the field (cognitive, affective, physical, and psychomotor) and administer these tests when appropriate.
- **DEMONSTRATE** effective communication skills—both written and verbal.

## GRADUATE PROGRAM CURRICULUM

### 280 Colloquium (every summer)

During the first week of each summer session, a group of leading scholars and professionals is invited to campus to address the department's graduate students. The four-day colloquium focuses on one of the following contemporary issues in our field:

- **Females in exercise and sport**
- **Improving human performance**
- **Ethnicity and race as factors in the college athletic experience**
- **Character development through sport and physical education**

### 200 Introduction to Graduate Study and Research (first-summer course)

This course is an introduction to science and research in kinesiology. It is designed to foster an understanding of the research employed in the subdisciplines. It is also intended to prepare the student to write comprehensive literature reviews. Ethical issues in research are discussed, the qualities of good research are reviewed, and students learn how to critically analyze the empirical research in our field.

### 205 Philosophical Foundations of Kinesiology (first-summer course)

This course is an introduction to the basic foundations of philosophy as they relate to the sport and physical activity domain. The course is designed to promote an understanding of the nature of philosophy and the major schools of philosophical thought. Topics include the importance of philosophy to physical education and athletics; various teaching and coaching philosophies; ethical issues in sport and physical activity (e.g., drug use); and close examinations of contemporary social issues associated with race, ethnicity, and gender.

### 230 Supervision and Legal Aspects (second-summer course)

This course focuses on proactive risk management for teachers, coaches, and administrators that will minimize their organizations' legal liability. Topics include an overview of the legal system; tort liability through negligence in supervision; facility care and maintenance; and hiring. These topics will be examined primarily in the context of the case law in California courts.

### 270 Psychological Analysis of Sport and Exercise (second-summer course)

This course is an exploration of the psycho-social dimensions of physical activity. Current theories and empirical research are discussed in an effort to understand the mental aspects of sport and exercise. Topics include goal orientation, motivational climate, self-esteem, arousal regulation, performance-enhancement techniques, leadership, and character development through sport.

### 220 Administration of Kinesiology (third-summer course)

This course is designed to give students an understanding and appreciation of the administrative process as it applies to school and college physical education and athletic programs. Current literature in the areas of business and management are discussed. Topics include developing administrative styles; diversity issues as they relate to effective management of human resources; revenue acquisition and budget development; media relations; intraorganizational competition; sponsorship acquisition and retention; marketing; and event management.

### 275 Applied Exercise Physiology (third-summer course)

This course is a study of the physiological adaptations that the body makes to exercise. Current theories and empirical research are applied to the response of acute exercise and the chronic adaptations that occur in the metabolic, cardio-respiratory and musculoskeletal systems. This provides the basis for constructing suitable conditioning programs for sport and exercise participation. In-class laboratories are designed to present measurement techniques and evaluate physical fitness.

### 201c Comprehensive Examinations (end of third summer)

A full day culminating experience for the graduate program's students.

### 224 Human Motor Performance (evening course)

This course is an overview of the neurophysical foundations of motor behavior in the sport and physical activity domain. Current theories, empirical research, and applied practices in the areas of coaching, psychology, pedagogy, and motor-skill development are discussed. Topics include motor program theory, facilitating an ideal learning environment, and the roles of the learner and the instructor in motor-skill acquisition.

### 278 Sociohistorical Aspects of Health, Sport, and Leisure (evening course)

Investigates health, sport, leisure, exercise, and concepts of the body in past societies as well as in contemporary industrialized nations. Our field's past and present link to medicine and public health is also explored. The beliefs and practices of different social aggregates (ethnic, racial, age, and gender) with regard to the body are examined. Analyses of past and present scholastic, collegiate, national, and international sport models are also undertaken.